



SOUTH AUSTIN

SENIOR ACTIVITY CENTER

3911 Manchaca Road Austin, TX, 78704

512-448-0787 Monday-Friday 8a-5p

www.austintexas.gov/department/south-austin-senior-activity-center



Austin Parks and Recreation Department - Seniors



July 2016



The City of Austin is proud to comply with the Americans with Disabilities Act. If you require assistance for participation in our programs or use of our facilities, please call (512) 974-3914.

The South Austin Senior Activity Center (SASAC) is located at 3911 Manchaca Road, just north of Ben White Blvd. SASAC's hours are Monday through Friday from 8a to 5p, with special evening and weekend rentals. Some of the many services we provide include: gardening, games, arts and crafts, health and fitness, group socials, excursions, organizational meetings and private rentals. Friendly staff and volunteers are happy to answer any questions and to guide interested parties through the registration process. A calendar year donation (January-December) of \$10 is appreciated, and an additional \$10 is required if you would like a newsletter mailed to your home. Donations go to the SASAC Advisory Board, directly enhancing the center's offerings. A SASAC volunteer is available at the front desk to collect donations and newsletter payment Monday through Friday from 9a to 1p, or you may register and pay by mail. We thank you for your support and look forward to seeing you here soon.

austintexas.gov/department/south-austin-senior-activity-center

 **Austin Parks and Recreation Department - Seniors**



Please join us in welcoming Kelly to the SASAC team!

The Austin Parks and Recreation Department Community Recreation Division is pleased to welcome **Kelly Maltsberger** as the new **Recreation Program Supervisor** of the **South Austin Senior Activity Center**. Kelly has over 15 years of experience within the field of recreation and leisure programming. Her experience include facility management, senior programming, supervising employees of different status, partnership collaboration, budget and policy development and public speaking. Over the past two years, the Gus Garcia Recreation Center's senior programs and services have increased in participation by 75% while under Kelly's supervision.

Kelly grew up in Lake Jackson, Texas and is a dedicated wife and mother of two beautiful girls. Outside of work hours, most of Kelly's time is spent keeping up with her girls and sending time with family and friends.

Kelly's professional experience, combined with her dedication and enthusiasm, will contribute greatly towards the continued success of SASAC.

SPECIAL PROGRAMS AND EVENTS

July Birthday Party

Thursday, July 28th

Enjoy a slice of cake and ice cream in celebration of SASAC participants who have birthdays in July.

Cost: Free

Sponsored by the Village on the Park at Onion Creek



RECYCLING REMINDER

Please remember to recycle the following items in the blue bins:

Empty soda cans

Empty plastic water/drink
bottles

Empty glass containers

Empty coffee cups

Newspaper

Magazines



In an effort to be more environmentally conscious, SASAC issues only one free newsletter per participant per month. Any additional copies will cost .50 cents. For your convenience, we keep a bound copy at the front desk for viewing while in the facility. The newsletter is also available for viewing online at <http://austintexas.gov/department/south-austin-senior-activity-center> (Click Program Guide)

Thank you for understanding and for complying with the
City of Austin's vision of being green.

PUBLIC MEETINGS

TRAVIS COUNTY DEAF ASSOCIATION

Wednesday, July 6th 1-4p

SASAC ADVISORY BOARD MEETING

No meeting until September

SOUTH AUSTIN AARP #2426

Wednesday, July 20th 1-4p

NATIONAL ACTIVE/ RETIRED FEDERAL EMPLOYEES

No meeting until September

AARP Smart Driver

Thursday, July 7th
12:30-4:30p

This class is designed for the mature driver & it **will not dismiss traffic violations.**

* For insurance discount only *

Fee: \$15 for AARP Members
\$20 for non-AARP Members

Sign up in advance at the front desk.

Payment due on the day of class:

CHECKS ONLY
payable to AARP

COMMUNITY GARDEN OF EATIN'

Join our group on Mondays to help with garden maintenance and harvesting. Whether you have a green thumb to lend, or want to develop one, stop by our community garden.

Every Monday at 9am



*See West for water scheduling.

CARD GAMES

Free Play Bridge

Mondays, Wednesdays & Fridays
11:30a-1p
FREE

Progressive Bridge

Mondays, Wednesdays & Fridays
1-3p
FREE

Advanced Free Play

Monday 11a-2p & Thursdays 9-11:30a
This group focuses on:

- Competitive Bidding
- Chicago Style Scoring
- Duplicate Practice
- Peer Coaching

FREE



Gentle Duplicate Bridge

Tuesdays 12:30-3:30p
Led by Larry Davis,
Contract Instructor
\$5.00

Friday Morning Free Play

Fridays 9-11am
Beginner's welcome
FREE

Hand and Foot Canasta

Thursdays,
July 14th & 28th
12-4p

A challenging game that's good for the brain.
Friendly social group willing to teach you how to play.
Contact Cathy: (512) 282-8320
FREE

Pinochle

Tuesdays & Thursdays 8a-2p
FREE

FITNESS

BE SURE TO CHECK OUT
OUR
TREADMILLS, RECUMBENT
BIKES, WEIGHT SYSTEM AND
ELLIPTICAL TRAINERS

IF YOU NEED ASSISTANCE USING THE
EQUIPMENT, SASAC STAFF IS AVAILABLE
TO ANSWER QUESTIONS.

YOGA

**Mondays, Wednesdays
and Fridays 9-10a**

Increase your strength and balance
while gaining flexibility. Feel better
physically & spiritually.

Contact Instructor:

Charlie Pivert

**Fee: \$10 drop-in class
\$25 for 3 classes**

SENIORCIZE

Wednesdays 10:30-11a

Join Kade for a workout geared
towards adults 50 and older.

Seniorcize is a great way to stay
active and get back into shape.

Instructor: Kade Green

FREE

SENIOR HEALTH AND FITNESS

Tuesdays 9-10a

Thursdays 8:30-9:30a

Total body cardiovascular workout
taught in a FUN class format.

Four sets of activities
(15 minutes each).

**Instructed by video tape
FREE**



T'AI CHI

Tuesdays 10-11a

Fridays 10:15-11:15a

Tuesdays, June 28th - Aug 2nd

Fridays, July 1st - Aug 5th

T'ai Chi has many proven health benefits for
seniors, from increased balance and bone
strength, to greater strength and
flexibility. T'ai Chi is also very safe and
practiced slowly; it is zero impact.

Instructor: Kade Green, Sifu

Fee: 6 Sessions Tuesdays OR Fridays only

Residents: \$30

Non-Residents: \$36

12 Sessions Tuesdays AND Fridays

Residents: \$50

Non-Residents: \$62

Drop in - per class

Resident: \$5

Non Resident: \$6

DANCE

BEGINNER LINE DANCE

Mondays 1-2p

Socialize & learn the basic
steps to fun line dances.

Instructor: Joan Cox

(512)288-4135

FREE

No class February 15th

ADVANCED BEGINNER LINE DANCE

Mondays 2-3:30p

Scout your boots for a healthy body
and mind. Have fun, make friends,
and learn a variety of dances.

Instructor: Joan Cox

(512)288-4135

FREE

INTERMEDIATE LINE DANCE

Thursdays 1:30-3p

This is a great way to exercise your
body and your brain while having fun!

We have all levels of dancers in the
class and practice all levels of dance
including: beginner, intermediate, and
advanced. Give it a try!

Instructor: Joleen Tucker

FREE

ZUMBA GOLD VIDEO FOR BEGINNERS

Mondays 10:15-11:15a

Improve your muscle strength,
coordination, posture and mobility.
Come on out and shake it! This is a
drop in class. **FREE**



Austin Rockin' Line Dancers Thursdays

9:30-11a

Rocking Chairettes is a line dance
group that performs at various
locations around Austin and has
been honored with several awards.

Instructor: Sonja Hemmes

(512)531-9122

FREE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Requires advance registration				1 Yoga 9-10 Friday Morning Bridge 9-11 Chess Play 10-12 *Tai Chi 10:15-11:15* Free Play Bridge 11:30-1 Mahjong 12:30-3 Bingo 1-3 Progressive Bridge 1-3
4 <i>Closed for Holiday</i>	5 Pinochle 8-2 Sr. Health & Fitness 9-10 Knitting 9-11 *Tai Chi 10-11* Mexican Train 12:15-3:15 Mahjong 1:15 - 4 Gentle Dup. Bridge 12:30-3:30 Ping Pong 12:30-3	6 Yoga 9-10 Ceramics 9-11 *Seniorgize 10:30-11 Free Play Bridge 11:30-1 Progressive Bridge 1-3 Painters 1-3:30	7 Pinochle 8-2 Oil Painting 8-4 Sr. Health & Fitness 8:30-9:30 Advanced Bridge 9-11:30 Austin Rockin' Line Dancers 9:30-11 Hand and Foot Canasta 12-4 AARP Smart Driver 12:30-4:30 Int Line Dancing 1:30-3	8 Yoga 9-10 Friday Morning Bridge 9-11 Chess Play 10-12 *Tai Chi 10:15-11:15* Free Play Bridge 11:30-1 Mahjong 12:30-3 Bingo 1-3 Progressive Bridge 1-3
11 Yoga 9-10 Spanish 9-10:30 Garden Meeting 9-10 Chess Play 10-12 Zumba 10:15-11:15 Free Play Bridge 11:30-1 Progressive Bridge 1-3 Beg. Line Dance 1-2 Bible Study 1-3 Advanced Beg. 2-3:30	12 Pinochle 8-2 Sr. Health & Fitness 9-10 Knitting 9-11 *Tai Chi 10-11* Mexican Train 12:15-3:15 Mahjong 1:15 - 4 Gentle Dup. Bridge 12:30-3:30 Ping Pong 12:30-3	13 Yoga 9-10 Ceramics 9-11 Seniorcize 10:30-11 Free Play Bridge 11:30-1 Bingo 1-3 Progressive Bridge 1-3 Painters 1-3:30 AARP 1-4	14 Pinochle 8-2 Oil Painting 8-4 Sr. Health & Fitness 8:30-9:30 Honey Bee Quilters 9-2 Austin Rockin' Line Dancers 9:30-11 NARFE 10-1 Int Line Dancing 1:30-3	15 Yoga 9-10 Friday Morning Bridge 9-11 Chess Play 10-12 *Tai Chi 10:15-11:15* Free Play Bridge 11:30-1 Mahjong 12:30-3 Bingo 1-3 Progressive Bridge 1-3
18 Yoga 9-10 Spanish 9-10:30 Garden Meeting 9-10 Chess Play 10-12 Zumba 10:15-11:15 Free Play Bridge 11:30-1 Progressive Bridge 1-3 Beg. Line Dance 1-2 Bible Study 1-3 Advanced Beg. 2-3:30	19 Pinochle 8-2 Sr. Health & Fitness 9-10 Knitting 9-11 *Tai Chi 10-11* Blood Pressure Screening 10-11 Mexican Train 12:15-3:15 Mahjong 1:15- 4 Gentle Dup. Bridge 12:30-3:30 Ping Pong 12:30-3	20 Yoga 9-10 Ceramics 9-11 Seniorcize 10:30-11 Free Play Bridge 11:30-1 Progressive Bridge 1-3 Painters 1-3:30 Readin', Ritin' & Rectin' 2-3	21 Pinochle 8-2 Oil Painting 8-4 Sr. Health & Fitness 8:30-9:30 Austin Rockin' Line Dancers 9:30-11 Hand and Foot Canasta 12-4 Int Line Dancing 1:30-3	22 Yoga 9-10 Friday Morning Bridge 9-11 Chess Play 10-12 *Tai Chi 10:15-11:15* Free Play Bridge 11:30-1 Mahjong 12:30-3 Bingo 1-3 Progressive Bridge 1-3
25 Yoga 9-10 Spanish 9-10:30 Garden Meeting 9-10 Chess Play 10-12 Zumba 10:15-11:15 Free Play Bridge 11:30-1 Progressive Bridge 1-3 Beg. Line Dance 1-2 Bible Study 1-3 Advanced Beg. 2-3:30	26 Pinochle 8-2 Sr. Health & Fitness 9-10 Knitting 9-11 *Tai Chi 10-11* Mexican Train 12:15-3:15 Mahjong 1:15- 4 Gentle Dup. Bridge 12:30-3:30 Ping Pong 12:30-3	27 Yoga 9-10 Ceramics 9-11 Seniorcize 10:30-11 Free Play Bridge 11:30-1 Let's Sing 12:15-1:30 Progressive Bridge 1-3 Bingo 1-3 Painters 1-3:30	28 Pinochle 8-2 Oil Painting 8-4 Sr. Health & Fitness 8:30-9:30 Austin Rockin' Line Dancers 9:30-11 Hand and Foot Canasta 12-4 Int Line Dancing 1:30-3	29 Yoga 9-10 Friday Morning Bridge 9-11 Chess Play 10-12 *Tai Chi 10:15-11:15* Free Play Bridge 11:30-1 Mahjong 12:30-3 Bingo 1-3 Progressive Bridge 1-3

July 2016

TRIPS

LOTTERY REGISTRATION:

Friday, June 24 that 8:30a thru at Tuesday, July 5th at 5p

LOTTERY RESULTS AVAILABLE:

Wednesday, July 6h at 12p

REGISTRATION FEES DUE: Friday, July 15th at 5p

You may sign up one other person in addition to yourself by calling or by stopping by the center. You may contact the center anytime after Wednesday, July 6th at 12pm to find out if you were selected for a trip. Staff will call you **ONLY** if you were selected for a trip. All trips are subject to change due to weather, PARD director approval, or registration numbers.

World Dinning Club: Portobello (Austin, Texas) Thursday, July 28th

SASAC's World Dinning Club is a great way to experience new foods and cultures. On this trip you will experience Brazilian food at the popular Portobello restaurant.



Departure Time: 10:15

Returning Time: 2p

Fee: \$3 Residents / \$4 Non-Residents

Additional Expenses: Purchase of Lunch

Activity Level: Low

Inner Space Caverns (Georgetown, Texas) Wednesday, August 3rd

Join us on our adventure to Inner Space Cavern. Inner Space Cavern is over 10,000 years old and is one of the best preserved caves in Texas. On our trip we will tour the caverns and learn the science and what mysteries lie under the earth.



Departure Time: 9am

Returning Time: 3pm

Fee: \$18 Residents / \$19 Non-Residents

Additional Expenses: Purchase of Lunch

Activity Level: High - Requires long periods of standing on uneven surface. Comfortable walking shoes are recommended. Participants with breathing issues are advice to not attend due to high humidity in cavern. We cannot take tripods, strollers, wheelchairs, or any food or drink inside the cave.

TRIPS

2016 TRIP HIGHLIGHT



Pinballz Kingdom



First Campout



Learn to Disc Golf



Kayaking

VISUAL, LITERARY & PERFORMING ARTS



Honey Bee Quilters Thursday, July 7th & 21st 9a-2p

The Honey Bees invite anyone interested in quilting to join their monthly meetings.
Contact: Amelia Greene
(512) 282-5507

Knitting & Crocheting Tuesdays 9-11a

Bring what you are working on.
Share ideas, skills and learn.
Participants are willing to teach beginners wanting to learn!

Let's Sing-a-Long Wednesday July 13th & 27th 12:15-1:30p

Bring your instrument and your singing voice. Celebrate the gift of song!

Oil Painters Thursdays 8a-4p

Come in and share your creativity with other painters!

Wednesday Painters Wednesdays 1-3:30p

If you use pastels, oils, acrylics, etc., bring your supplies and enjoy the fun.

Ceramics Circle Wednesdays 9-11a

Bring your ceramic project and join other ceramics enthusiasts as you work.

RECREATION AND GAMES

Bingo

Wednesdays, July 13th & 27th **AND** Fridays 1-3p
25¢ per card - 8 card limit

Chess Club

Mondays and Fridays 10a-12p
New players and all levels welcome!

Mahjong

Tuesdays and Fridays 12:30-3p
Join in on the classic game!

Mexican Train Dominoes

Tuesdays 12:15-3:15p

Ping Pong

Tuesdays 12:30-3p
If you are interested in playing at a different time, please call ahead for room availability and to assure staff is available to set up the table.

Recreation Room

Complete with treadmills, recumbent bikes, elliptical machines, a weight system and pool tables. If you need assistance with using the exercise equipment, please let a staff member know. Available for daily use unless posted.

AND MORE

BIBLE STUDY

Mondays 1-3p

Join us for reflection and study with Rev. David Dukes. All are welcome.
FREE

TECHNOLOGY CLASS

**Wednesday, August 17th
9-11a**

Having trouble operating your computer, tablet, or smart phone?
Have a general curiosity about current technology? We are here to help you connect.

Please bring your equipment with you for us to assist you.

FREE

INTRODUCTION TO SPANISH CONVERSATION

Mondays 9-10:30a

Want to know more about the Spanish language? This program will introduce to you the alphabet and basic phrases. Bring: notebook, pen/pencil, and a Spanish dictionary (optional).

FREE

**Volunteer Instructors:
Domingo Herrera**

Meet new friends while eating a hot, nutritious lunch every day at SASAC. A \$1 donation for those over 60 is greatly appreciated to offset the cost of staff, meal-related expenses, dietary supplies, and delivery.

CONGREGATE MEAL REGISTRATION REQUIRED

Meal tickets are distributed on a **FIRST COME-FIRST SERVE** basis beginning at **9:30a** each morning.

Tickets distributed equal the number of meals ordered for that day.

Lunch is served daily **11:30a-12p** with milk and water.

For ineligible guests **OVER 60** (not registered) and guest **UNDER 60**, the cost of the meal is \$5.39.

Due to the unavailability of certain items, substitutions are occasionally made.

LUNCH MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 Diced BBQ Chicken Confetti Coleslaw Tater Gems Hamburger Bun Apple Crisp
4 <i>Closed for Holiday</i>	5 Turkey Spaghetti Broccoli Rosemary Carrots Dinner Roll Fresh Fruit	6 Beef Pepper Steak with Brown Gravy Polenta Green Beans Amandine Wheat Bread Marble Pudding	7 Charlene's Tuna Salad Kidney Bean Salad Tomato Spoon Relish Saltine Crackers Fruited Orange Gelatin	8 Pork Roast with Brown Gravy Whipped Potatoes with Skins California Vegetables Dinner Roll Fresh Fruit Margarine
11 Ron Lantz's Meatloaf w/ Brown Gravy Corn O'Brien Squash/Zucchini/ Tomatoes Dinner Roll Fresh Fruit	12 Sweet and Sour Diced Chicken Jasmine Rise Broccoli/Carrots/Onions Wheat Bread Fresh Fruit	13 Sausage Jambalaya Roasted Sweet Potatoes Medley Cabbage Saltine Crackers Lemon Pudding	14 Hamburger Patty Lettuce and Tomato Baked Beans Hamburger Bun Hot Spiced Apples Mustard and Catsup	15 Glazed Ham Lima Beans Okra and Tomatoes Cornbread Fresh Fruit Margarine
18 French Onion and Mushroom Chicken Lentil Vegetable Pilaf Diced Beets Wheat Bread Fresh Fruit	19 Beef Ziti Broccoli Sliced Carrots Whole Wheat Breadstick Vanilla Pudding	20 Turkey and Swiss Cheese Pasta Salad Tomato Spoon Relish Wheat Bread (2) Fresh Fruit Mustard	21 Beef Enchilada Pie Confetti Brown rice Fiesta Vegetables Mexican Cornbread Fruited Lime Gelatin Margarine	22 Suellen's Baked Chicken with Gravy Whipped Potatoes with Skins Spinach Wheat Bread Fresh Fruit
25 Beef Burgundy Mashed Spiced Yams Squash Medley Dinner Roll Fresh Fruit Margarine	26 Spinach Chicken Meatballs Lemon Herb Pasta Italian Green Beans Texas Bread Fresh Fruit	27 Citrus Pork Roast Cheesy Parslied Potatoes Spring Vegetables Wheat Bread Chocolate Pudding	28 Smoked Turkey Sausage Lima Beans Stewed Tomatoes Cornbread Fresh Fruit Margarine	29 Beef Chili with Beans Cajun Brown Rice Turnip Greens Saltine Crackers Fresh Fruit

Austin City Council Mayor and City Council

Steve Adler, Mayor
Kathie Tovo, Mayor Pro Tem, District 9
Ora Houston, District 1
Delia Garza, District 2
Sabino "Pio" Renteria, District 3
Gregorio "Greg" Casar, District 4
Ann Kitchen, District 5
Don Zimmerman, District 6
Leslie Pool, District 7
Ellen Troxclair, District 8
Sheri Gallo, District 10

Austin Parks and Recreation

Sara L. Hensley, CPRP, Director
Kimberly A. McNeely, CPRP, Assistant Director
Marty Stump, Assistant Director
Cora D. Wright, Assistant Director
Lucas Massie, Division Manager
Tiffany M. Cabin, Seniors Program Manager

SASAC Advisory Board 2016

Shirley Masterson, President
Willie Williams, Vice President
Joan Cox, Secretary
Kitti Greenough, Treasurer
Elaine Benton
Iola Canady
Carolyn Drake
Raisa Edelman
Margaret Hughes
Margie Mendez



City Manager

Marc Ott, City Manager
Ray Baray, Chief of Staff
Rey Arellano, Assistant City Manager
Sue Edwards, Assistant City Manager
Robert Goode, Assistant City Manager
Bert Lumberras, Assistant City Manager
Mark Washington, Acting Assistant City Manager

Parks Board

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Richard DePalma, Vice Chair
Alison Alter, Board Member
Michael Casias, Board Member
Rick Cofer, Board Member
Tom Donovan, Board Member
Alesha Larkins, Board Member
Francoise Luca, Board Member
Alex Schmitz, Board Member
Mark Vane, Board Member
Pat Wimberly, Board Member

SASAC Staff

Kelly Maltsberger, Recreation Program Supervisor
Lynnette Lara, Recreation Programs Specialist
West Baxter, MSRLS, Recreation Programs Specialist
Kaitie Hilburn, Administrative Associate
Datron Plummer, Building & Grounds Assistant

MISSION The purpose of the Parks and Recreation Department is to provide, protect and preserve a park system that promotes quality recreational, cultural and outdoor experiences for the Austin community.

REC PRINCIPLES: RECREATIONAL, ENVIRONMENTAL, CULTURAL

The Austin Parks and Recreation Department uses a professional, systematic and studied approach in determining the programs and services we offer our community. This strategy is reflected in our Recreational, Environmental, and Cultural Program Principles. These principles are used in determining programs and services:

- Provide programs and services that help fulfill the organizational mission, vision, goals and objectives adopted by the Austin City Council and the Austin Parks and Recreation Department.
- Provide programs that follow all applicable laws, ordinances, resolutions and standard operating procedures.
- Develop programs that have a stated purpose, goals and objectives which specify benefits and outcomes that the program will offer participants and the community.
- Offer accessible, affordable recreational, environmental and cultural program opportunities in a safe environment for all ages, abilities, interests and socio-economic levels, highlighting Austin's diversity.
- Encourage and respond to community input in program planning, development and evaluation.
- Programs will balance community needs with financial viability providing an overall financially sound recreation program to the Austin community.